

Corn Toasties

Makes: 18 servings

Using corn meal that states "whole corn" or "whole grain corn" on the ingredient list means that you'll get the goodness of whole grains when enjoying this recipe.

Ingredients

- 2 cups** cornmeal
- 1 cup** all-purpose flour (sifted)
- 2 tablespoons** sugar
- 1 1/2 tablespoons** baking powder
- 1/4 teaspoon** salt
- 1/2 teaspoon** baking soda
- 3/4 cup** buttermilk (made from 2 teaspoons vinegar + 3/4 cup milk, made from non-fat dry milk powder)
- 1/4 cup** egg mix (dry, mixed with 1/4 cup water)
- 2 tablespoons** vegetable oil

Directions

1. In a large bowl, combine cornmeal, flour, sugar, baking powder, salt, and baking soda.
2. In another bowl, combine buttermilk, egg mix, and vegetable oil. Beat until well blended.
3. Add buttermilk mixture all at once to dry ingredients. Stir until well mixed.
4. Turn mixture onto a lightly floured board and knead only 10 times.
5. Roll out to a thickness of 1/4 inch and cut with a 3/4-inch-round cutter.

Nutrition Information

Nutrients	Amount
Calories	120
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	120 mg
Total Carbohydrate	22 g
Dietary Fiber	1 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	3 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

6. Cook on a warm ungreased griddle or frying pan for about 10 minutes on each side.

USDA, FNS, Food Distribution Program on Indian Reservations, Healthy Eating In Indian Country: Diabetes